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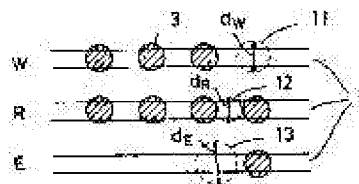
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(54) OPTICAL RECORDING METHOD

(57)Abstract:

PURPOSE: To improve the erasion ratio and to improve reproduction signal strength and resolution by varying a spot size on the track of a recording surface and that in the vertical direction at the time of recording and reproducing or recording and erasing.

CONSTITUTION: When the diameter of a recording spot is set to be d_W , the diameter of a reproduction spot to be d_R and the diameter of an erasion spot to be d_E , and when an external magnetic field is impressed on a recording direction, it comes to $d_R < d_W < d_E$. Respective sizes are adjusted by using a focusing error signal and d_E is selected as a just focus spot and d_W as a defocus spot. Thus, the strength of a reproduction signal is high and resolution is satisfactory. When the external magnetic field is impressed on an erasion direction, it is set to be $d_W > d_E$ and it can be set to recording power > erasion power if necessary. When a relative change medium is used, the erasion spot is set to be larger than the recording spot for erasion at the amorphous, crystalline and mixed-phase parts of an amorphous bit peripheral part. Thus, the quality of the reproduction signal can be improved.



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